# Weekly Well Being Class Every Monday 6.30pm - 7.45pm

***Includes Energy Balancing Exercises And Meditation Techniques,***

***At The Swan Centre Linacre Road***

***You will need: Comfortable clothes and footwear***

***Water Blanket and pillow***

***(optional)***

***£6 per session.***

You will learn simple exercises to: Energise your body

De-stress

Relax your body Relieve pain Increase metabolism Aid weight loss

Improve memory and focus Increase mood

Improve positivity Balance energies

**And much more including how to energy test food!!!**

Also learn to take time out for yourself and relax!

This is what some participants said after the course:

## ‘This is exactly what I have been searching for! Loved it! Mary ‘It makes me happy!’ Geraldine

***‘I love coming. I do the exercises daily and they really help me’ Debbie***

These classes focus on a healthy mind, body and spirit! It combines energy balancing techniques and meditations to help you relax and de-stress. These tools will equip you with the knowledge and skills to

have a healthier YOU and they work!!

Come and join us. Book to ensure a place!

Contact Maria for more details on 07981398842 Email: mariahardman1966@gmail.com

Or contact The Swan Centre 0151 9333292